

Early Pregnancy Check List

- I. Review OPNAVINST 6100.1B Guidelines Concerning Pregnant Service Women; Complete Appendices A, B, C, D
- II. Review DoD/VA Clinical Practice Guidelines for Pregnancy and Childbirth, a Goal Oriented Guide to Prenatal Care, Version 2, and Summer 2003 – Patient should receive this “purple book” at MTF during first prenatal visit.
(Guidelines can be viewed online at www.QMO.amedd.army.mil) - These guidelines were developed from an in-depth review and analysis of the literature by experts in the field of obstetrics and family practice, including physicians, midwives, nurse practitioners, registered nurses, dieticians, and ancillary staff from Departments of Army, Navy, and Air Force and the VA.
The intent of the guidelines is to support recommendations, not take the place of expert medical care or treatment. Always advise patient to follow the health care provider’s advice if anything differs from what is provided in patient handout booklet.
- III. MTF Recommendations from Present to 20 Weeks Gestation:
 - Attend First “New” OB clinic visit
 - Have new OB labs drawn (prior to first visit)
 - Have Cystic Fibrosis screen drawn if desired
 - Contact New Parent Support Team (NPST) Representative, if desired, anytime
 - Enroll in Women, Infant, Children (WIC) if eligible
 - Have blood drawn for Maternal Serum Screening for Birth Defects between 14-20 weeks, if desired
 - Sign up for Baby Boot Camp
 - Schedule OB visits as instructed by patient’s provider
 - Identify support person
 - Begin research on child care options
- IV. Quick Reference Sheet – Naval Medical Center Portsmouth

NEED AN AMBULANCE: CALL 911

Emergency Room (before 18 weeks) No Medical Advise will be given	953.1356
Labor and Delivery (after 18 weeks) Located on 4 th Floor off central elevators	953.4601/02/03
Naval Medical Center Portsmouth, Appointments and Questions	953.4300
Branch Medical Clinic Boone, Appointments and Questions	314.7371
Branch Medical Clinic Dam Neck, Appointments and Questions	314.7236
Sewells Point, Appointments and Questions	314.6335/37
TRICARE: For Appointments, press 1; to speak to nurse, press 3	1.800.931.9501
Child Waiting Center (Portsmouth Only): Located behind parking	
Garage, ground level, entrance under walkway to hospital;	
Appointment and proof of child’s immunizations required	953.6873